

June 2014

Guam Comprehensive Cancer Control Newsletter

"The people of Guam will be cancer free, embracing a healthy lifestyle and living in a healthy environment."



Volume 3 Issue 3

Inside this issue:

<i>Palliative Care Conference</i>	2
<i>Policy, Systems, & Environmental Change Workshop</i>	3
<i>CCC Coalition Teams Updates</i>	4-5
<i>CCC Coalition Members in Action</i>	6-7
<i>Calendar of Events & Health Tip</i>	8

We would like to invite you to join our Coalition...

As a member of the Coalition, you will:

Be involved with developing, enhancing, and supporting cancer programs and services.



Advocate for and support cancer survivors and their families.



Network with others in the community that share a strong interest in cancer and access cancer-related resources and information.

For more information about Guam Comprehensive Cancer Control Program and Coalition, please contact: 671-735-0670/73

Guam Comprehensive Cancer Control Coalition Receives National Recognition

By Lawrence Alam and Cerina Mariano



Sen. Dennis Rodriguez with Coach Mike Krzyzewski
(Photo courtesy of C-Change)



Ms. Renee Veksler with Coach Mike Krzyzewski
(Photo courtesy of C-Change)

The Guam Comprehensive Cancer Control (CCC) Coalition was recently honored by C-Change with two prestigious awards: the 2014 CCC Pacific Island Jurisdiction (PIJ) Coalition Impact Award and the 2014 Exemplary CCC Leadership by an Elected Official Award.

The CCC PIJ Coalition Impact Award recognizes one PIJ CCC Coalition that has successfully achieved evidenced-based and measurable impacts in projects and/or interventions consistent with priorities in their CCC plan.

The Guam CCC Coalition's Prevention Action Team was recognized for their work to prevent cancer by developing, implementing and supporting programs that target these areas. Programs that the team has supported include the Making Strides: Healthy Kids 4 Life Program and the BASES (Be A Super Example Student) Afterschool Program. This work was done in collaboration with the Non-Communicable Disease Consortium's Physical Activity Group. Ms. Renee Veksler, co-chair for both action teams, worked with members for the successful implementation of these prevention strategies.

The Exemplary CCC Leadership by an Elected Official Award recognizes an elected official that has been instrumental in advancing projects/interventions consistent with priorities in their jurisdiction's CCC plan, for their active leadership, or engagement in their CCC coalition.

Senator Dennis Rodriguez, an active member of the Guam CCC Coalition, was selected to receive this award for his work on Public Laws 31-141 and 32-085 which increase access to healthy food/drinks sold in vending machines and by...
(continue to page 3)

Palliative Care Conference

By Ms. Marisha Artero

A three-day “Palliative Care Training For Caregivers” took place March 24-26, 2014 at the Outrigger Guam Resort. The training was intended to provide lay persons with practical information and resources to assist them in their caregiving duties at home. The training provided six presentations: Legal Matters (Minakshi Hemlani, American Cancer Society Advisory Board Member), Realities of Caregiver Role Strain and Recovery (Jared Ivie, Health Services of the Pacific), Activities of Daily Living (Lori Melegrito and Dolores Manglona, Guam Community College), Spirituality (Father Eric Forbes), Gentle/Meditative Yoga (Linda Frank), Preparing for Loss (Alex Silverio, Guam Office of Minority Health) and one interactive craft activity with Jacque Sablan of the Bead Hive.

The Palliative Care Training for Caregivers was made possible through the partnership efforts of the Guam Community College AHEC, the Department of Public Health and Social Services (Guam Comprehensive Cancer Control Program, The Tobacco Prevention and Control Program, the Guam Office of Minority Health) and the American Cancer Society. A total of 165 individuals were reached through the three-day event. Participant feedback was positive, noting there were “great topics” and “very knowledgeable presenters.” Another participant shared that they now “...have some information to share with other caregivers” – confirming the hope that the training would help grow capacity in the community around palliative care.

Increasing awareness of palliative care and contributing to the training needs of medical professionals and the lay community continue to be a priority for the Survivorship and Quality of Life Action Team of the Guam Comprehensive Cancer Control Coalition. To learn more about these efforts or to get involved, contact the Survivorship and Quality of Life Action Team Leader Marisha Artero at marisha.artero@cancer.org.

Pictures from the Palliative Care Conference



Policy, Systems, and Environmental Change (PSE) Workshop

By Ms. Vivian Pareja

The Guam CCC Program, in partnership with the Tobacco Prevention and Control Program, coordinated the Policy, Systems, and Environmental Change (PSE) Workshop held on May 12, 2014 at the Pacific Star Resort and Spa.

The objective of this workshop was to improve current cancer strategic plans to include PSE objectives and strategies for the CCC Prevention Action Team/NCD Physical Activity Group, CCC Data and Research Action Team/NCD Data and Surveillance Action Group, CCC Screening, Early Detection and Treatment Action Team, CCC Survivorship and Quality of Life, and the NCD Tobacco Group.

At the end of the workshop, each of the teams identified PSE objectives that they will be working on. These include:

- *Prevention:* By June 2017, in collaboration with the NCD Physical Activity Group, increase the percentage of neighborhood and school playground access to 50%.
- *Screening, Early Detection, and Treatment:* By December 2015, increase the percentage of health care providers' use of the U.S. Preventive Services Task Force standardized minimum screening guidelines to 60%.
- *Data and Research:* By 2015, develop and adopt data standards and data analysis across both private and public sector cancer and other NCD data gatherers to ensure data uniformity.
- *Survivorship and Quality of Life:* By June 2015, advocate to Guam's health professional licensing board to require a minimum number of continuing education for doctors and nurses in palliative care for licensing/licensing renewal.

More than 50 participants also learned about concepts regarding PSE, including evidence-based practices used in the US and the world. The PSE workshop was facilitated by Dr. Annette David.



Participants from the 2014 PSE Workshop at the Pacific Star Resort and Spa

Guam CCC Coalition Receives National Recognition

(Continued from page 1)

...vendors on government premises; Public Law 31-102 which restricts smoking in a motor vehicle when a child is present; and his work to ban the sale of electronic cigarettes to minors through Public Law 32-160.

Senator Rodriguez and Ms. Veksler accepted the awards during a C-Change meeting held in Raleigh North, Carolina on May 15 and 16, 2014. Pictures were taken with Mike "Coach K" Krzyzewski, Honorary Co-Chair of C-Change and Coach of the Duke Blue Devils NCAA men's basketball team.

C-Change is comprised of the nation's key cancer leaders from government, business, and nonprofit sectors. These cancer leaders share the vision of a future where cancer is prevented, detected early, and cured or is managed successfully as a chronic illness.

For more information, you may call Lawrence Alam at 735-7335.



Coalition Steering Committee members with Senator Rodriguez and Ms. Veksler

CCC Coalition Action Teams Updates

Prevention Action Team /NCD Physical Activity Group By Mr. Lawrence Alam and Ms. Chalorna Lauron

The Prevention Action Team is gearing towards developing and implementing strategies that will promote cancer screenings in the community for the upcoming program year. It starts this coming October in preparation for Breast Cancer Awareness Month (BCAM). The Team, in collaboration with partners, are planning to implement activities such as the BCAM proclamation signing; BCAM Wave Event; 2K/5K Strides Fun Run. More details coming soon!

The Team is also supporting the NCD Physical Activity Group to prevent childhood obesity. We will be receiving funds from the Office of Minority Health to implement the following projects: BASES Afterschool Program; Park Revitalization: Kaiser; CrossFit Program; TAFISA Certified Leadership Course in Sports for All Training; and the Biking Initiative media campaign.

If you would like to get involved in our team, please contact Chalorna Lauron (Prevention Team Lead) at clauron@guamcancercare.org or Matt Sablan (Physical Activity Team Lead) at mlgsablan@gdoe.net

Screening, Early Detection, and Treatment Action Team (SEDAT) By Ms. Rose Grino RN, BSN

The CCC Screening, Early Detection and Treatment Action Team, in collaboration with community partners, actively promotes early cancer screening using the 2012 U.S. Preventive Services Task Force (USPSTF) Guidelines – evidence-based screening tool in primary care setting.

According to the USPSTF website, created in 1984, the USPSTF is an independent, volunteer panel of national experts in prevention and evidence-based medicine. The Task Force works to improve the health of all Americans by making evidence-based recommendations about clinical preventive services such as screenings, counseling services, and preventive medications. Task Force members come from the fields of preventive medicine and primary care, including internal medicine, family medicine, pediatrics, behavioral health, obstetrics and gynecology, and nursing. Their recommendations are based on a rigorous review of existing peer-reviewed evidence and are intended to help primary care clinicians and patients decide together whether a preventive service is right for a patient's needs. The Task Force assigns each recommendation a letter grade (an A, B, C, or D grade or an I statement) based on the strength of the evidence and the balance of benefits and harms of a preventive service. Grade A means to recommend the service and D to discourage the use of the service.

For the USPSTF to recommend a service, the benefits of the service must outweigh the harms. The USPSTF focuses on maintenance of health and quality of life as the major benefits of clinical preventive services, and not simply the identification of disease. Its recommendations have formed the basis of the clinical standards for many professional societies, health organizations, and medical quality review groups.

There are two major critical component of early detection of cancer; education to promote early diagnosis and screenings. Early detection of cancer greatly increases the chances for successful treatment, reduction in mortality or save lives. The SEDAT team actively promotes early cancer screening using the USPSTF guidelines in collaboration with community partners. Take a step and join the team. Let's work together in promoting early screening awareness and early detection of cancer. Please call Vivian at 735-0670, if you are interested or want more information.

Survivorship and Quality of Life Action Team (SQOL) By Marisha Artero

All hands are on deck as team members work to ensure the completion of the "Hope Project" this summer – a project that will produce several products that will be used as advocacy tools to celebrate the human spirit and promote cancer survivorship in Guam. When completed, a 60-minute video and printed booklet will be available, sharing insight from cancer survivors about what helped get them through their cancer journey, with the intent to lend hope to another's journey.

Palliative care also continues to be a priority for the Survivorship and Quality of Life Action Team. Currently, the team is fine-tuning an objective that will have them advocate to the Guam Health Professionals Licensing Board to require a certain number of hours of continuing education in palliative care for licensing/licensing renewal. The team also helped co-sponsor a 3-day palliative care training for caregivers in March.

The Survivorship and Quality of Life Action Team also successfully hosted its annual "Celebrate Life!" Cancer Survivors Conference on June 7 at the Pacific Star Resort and Spa. The event brought together 100 survivors and their caregivers to provide them with practical and educational information in a positive environment. Keep an eye out for the next issue of the GCCC newsletter for more details about the event!

CCC Coalition Action Teams Updates



Policy and Advocacy Action Team (PANDA)

By Mr. Chuck Tanner

The CCC Policy and Advocacy Team (PANDA), which is integrated with the NCD Consortium Policy and Advocacy Team, has been collaborating with the CCC and NCD Action Teams to advocate for health policies that support the prevention and control of cancers and the other non-communicable diseases.

PANDA has various great successes to share from the first part of the year. PANDA advocated the passage of Bill 264-32, now Public Law 32-160, prohibits the sale and distribution of electronic cigarettes to minors. Bill 206-32, now Public Law 32-132, establishes tax rate parity for tobacco products. Bill 275-32, now Public Law 32-158, strengthens the medical peer review process at the Guam Memorial Hospital.

In addition, PANDA plans to support the passage of Bill 310-32, relative to the establishment of physical fitness standards and policies for public safety and law enforcement personnel. PANDA works on legislations to address the stray dog and cat population on Guam. This effort is related to the Safe Pathway to School initiative. The PANDA team members also participate to various meetings throughout the first six months of the year.

We encourage you to check out the 32nd Guam Legislature website. There is a Calendar of Events on the website that will alert you to oversight meetings and public hearings. We invite you to attend these hearings and let your voice be heard. We need more people to exercise their rights as citizens of Guam.



Data and Research Action Team (DRAT)

By Ms. Renata Bordallo

Here are some updates from the DRAT Team:

- Dr. Mike Ehlert and Mr. Junjie Zuasula – consultants for Guam’s first-ever attempts to study Cancer Survival rates and the Economic Costs of Cancer on Guam – both have submitted draft reports and preliminary data analyses for these reports. We are in the final stages of these two complex and ambitious projects. As DRAT chair during this process, I can surely relate to the saying: “The more I (think) I know, the more I understand how much I don’t know.” It has been a challenging and learning experience for us all. At the least, these pilot reports will generate some interesting findings and point to areas for further inquiry.
- Funding was identified by GCCCP and made available to DRAT for printed materials before the end of the program year. It was agreed to use these funds to print an updated version of the Guam Cancer Registry brochure, and a new GCCCC Fact Sheet. These materials will inform the public about the purpose and activities of GCR and the Cancer Coalition and will be distributed at cancer treatment centers, Mayors offices, health fairs and mall outreach events.
- DRAT is gearing up to produce the next edition of Guam Facts and Figures 2008-2012 and will be forming a subcommittee to work on this project. An email letter will be sent off shortly to all you DRAT members who worked on the initial Facts and Figures to gauge your interest and ability to assist with the follow-up report. Initial decisions will be made on use of a paid Consultant and a general Timeline for completion of the report.
- DRAT has added a Policy, Systems and Environment (PSE) Goal and Objectives to the current GCCCC Cancer Plan. It is likely that we will form a subcommittee to start working on this effort to promote collection and reporting of standardized health data to the community.
- DRAT Team is looking for a new Team Leader to replace Renata Bordallo, as Renata transitions into the Chairperson position for the Coalition. We have many capable members – “be not afraid” to step up to the plate! We work as a team, and the leader acts mainly as group facilitator for meetings, and spokesperson to report on our activities to the Coalition. It’s a great way to enhance your resume’ and contribute to the work of the cancer coalition!

CCC Coalition Members in Action

Guam Cancer Registry

By Ms. Renata Bordallo

The Guam Cancer Registry (GCR) was established by Public Law 24-198 as an entity under the Department of Public Health and Social Services (DPHSS) in 1998. Since then it has been operated by the University of Guam (UOG) via a Memorandum of Agreement (MOA) with DPHSS, and has been located at House #7 Deans Circle on the UOG campus.

While not yet a household name, GCR is becoming better known in the academic and research communities, by health practitioners, cancer survivors, their caregivers and families in Guam. An integral part of the GCCCC, it is the “go to” source for cancer data in Guam.

GCR’s purpose is to provide population-based registration of cancer morbidity and mortality on Guam. It’s primary objectives are to: a) Enhance the quality, completeness, comparability, and utility of cancer data for Guam; b) Expand data items collected consistent with local and Pacific region cancer research efforts; c) Disseminate data in a timely manner; and d) Comply with CDC/NPCR and NCI/SEER/Hawai’i Tumor Registry data quality standards.

GCR’s staff consists of one part-time Director (Dr. Robert Haddock has been Guam’s Epidemiologist at DPHSS for the past 40 years), one full-time Certified Tumor Registrar (and de-facto day-to-day manager), one full-time abstractor/data collector (who is relocating off-island in July), and one part-time administrative assistant/data collector. Unlike most central cancer registries that collect, consolidate and edit cancer cases already abstracted by hospital registries, GCR staff abstract, consolidate, and edit their own cases before submitting them to Pacific Regional Central Cancer Registry (PRCCR). PRCCR staff then submits edited cases to Centers for Disease Control (CDC) in Atlanta, GA.



GCR Staff (from left to right): Frances Okubo, Renata Bordallo, Brencis Briones, UOG Intern, and Dr. Robert Haddock

“Registry staff fielded at least 21 research inquiries during Fiscal Year 2013, and provided cancer data to five UOG graduate student researchers, two university professors, three U54 Grant researchers, two DPHSS personnel, one medical professional, two Governor’s Office staff, one community non-profit agency, several off-island researchers and four concerned citizens including three cancer survivors.”

- 2013 Annual Report to DPHSS and the Guam Legislature

Recent GCR activities include:

- In April, GCR provided excel data files with specific data requested to a) M. Montano, a U54 scholar, for her master’s thesis; b) Dr. M. Ehlert, Cancer Coalition consultant, for his research on Guam Survival Analysis; and c) Dr. R. Leon Guerrero, U54 researcher, for her research on women with breast cancer recruited into the BRISK study.
- GCR staff assisted Dr. R. Leon Guerrero with her research article on the role of GCR in recruitment of women with breast cancer into her study.
- Worked collaboratively with the program manager of DPHSS’s Guam Breast and Cervical Cancer Early Detection Program (GBCCEDP) on a draft MOA to establish policies and procedures for the sharing of information on breast and cervical cancer cases as required by national public health guidelines.
- Looking into possible links between Guam cancer cases and effects of Agent Orange and other environmental toxins in light of military buildup and questions/concerns from public and veterans groups.
- Two GCR staff attended the 40th Annual National Cancer Registrars Association (NCRA) Conference in Nashville, TN, in May 2014. GCR’s CTR earned 14.75 Continuing Education credits for CTR recertification.
- Emailed and faxed Reminder Notices to GCR’s Mandated Reporters to obtain 2013 cases not yet submitted.

For more information about Guam Cancer Registry, please call 735-2988/89. To report cancer cases, you may fax medical documents to our Confidential Fax 734-2990, or use our secure online reporting system WebPlus (call Melani Montano at 735-2988 to establish an account). You can access cancer statistics and GCR publications at our webpage: www.guamcancerresearch.org.

CCC Coalition Members in Action

Tobacco Prevention and Control Program By Ms. Elizabeth Guerrero and Mr. Christopher Surla

KICKIN' BUTTS: We kicked butts! Cigarette butts that is. During the entire month of March youth were asked to "Stand up, Speak out, and Seize Control" against Big Tobacco. Youth showed up in huge support for tobacco prevention activities. They expressed their personal feelings towards being marketed by tobacco companies through the following platforms: poster, essay, and video contests; pledges to be tobacco free; and a community wave.



Winners and their family members at the Kick Butts Day Poster, Essay and Video Contest Prize Presentation on March 29, 2014 at the Micronesia Mall.

Unfortunately CDC estimates that every day 3,000 kids under the age of 18 will try their first cigarette. Seven hundred will become regular, daily smokers. Tobacco

use continues to be the leading cause of preventable death worldwide. In 2008, the Federal Trade Commission reported that tobacco companies spent nearly \$10 billion on advertising and promotional efforts. The 2012 Surgeon General's Report concluded a causal relationship between the advertising of tobacco companies and the initiation of tobacco use among young people.

These tobacco prevention efforts could not have been accomplished without the collaborative efforts of many of the front line organizations in cancer prevention. A big THANK YOU to: The Guam Comprehensive Cancer Coalition, the NCD Consortium, Department of Public Health and Social Services Bureau of Community Health Services, Guam Behavioral Health and Wellness Center, American Cancer Society, Guam Cancer Care, Youth For Youth Live!, Pro Ad LLC, and the University of Guam. Also, a big THANK YOU to the teachers that encouraged their students to participate as well as all the companies and organizations that generously donated prizes for the contest.

The community is encouraged to participate in all tobacco prevention efforts. For more information on how to get involved call the Department of Public Health and Social Services, Tobacco Prevention and Control Program at 735-7334.

Guam Cancer Care: Cancer Screening Program By Ms. Chalorna Lauron

Guam Cancer Care, a local, non-profit organization, has launched its Cancer Screening Program for individuals who are eligible due to no insurance, low income, and/or low insurance coverage.

About 90% of cancer patients seeking assistance at Guam Cancer Care are already in Stage 3 or 4, thereby increasing the cost and intensity of treatment/s. Cancer does not discriminate affecting both genders with a wide range of ages. The staggering cost of treating cancer continues to outstrip the funding available to assist local patients who are in need of it, in addition to the need for outreach and education programs. That is where we can all help.

Our whole premise is that if you diagnose a person at Stage I versus Stage IV, the cost is dramatically lower and survival rate is higher. Guam Cancer Care's cancer screening program's mission is to launch the PSA campaign in August with various participating clinics on island. This campaign is inclusive of the already launched Cancer Screening program where eligible individuals may undergo a wellness/physical and lab work with a participating provider/clinic. Guam Cancer Care works closely with the Guam Breast and Cervical Cancer Early Detection Program, referring patients, if needed, to take part in their services as well.

For more information, please contact Charly Lauron at clauron@guamcancercare.org or Karina Quito at kquito@guamcancercare.org or call 969-2223.



Health Tip: To Improve Your Health, Put Down the Salt Shaker

By George Fallieras, M.D.



Our bodies need sodium to function, but we consume much more than is healthy for us. The federal government recommends no more than 2,300 milligrams of sodium daily – about a teaspoon.

“Consuming too much salt can increase your risk of hypertension,” says George Fallieras, M.D., a hospitalist at Good Samaritan Hospital. “That, in turn, increases your risk of heart attack and heart failure, stroke, and chronic kidney disease that may lead to kidney failure.” Heart attack and stroke are the first and third leading causes of death in the U.S.

In April, The Institute of Medicine, the health arm of the National Academy of Sciences, urged that the Food and Drug Administration (FDA) regulate the amount of salt added to foods.

“This approach makes sense because 80 percent of our salt intake is already in processed foods,” says Dr. Fallieras. “These foods include processed meats, canned, frozen, and preserved foods, salad dressings and condiments. Research indicates that if sodium consumption went down to recommended levels of 1,500 milligrams per day, 90,000 lives would be saved every year.”

As we await FDA action, there are steps we can take to help decrease our salt consumption. “Aim to consume less than 2,000 milligrams of salt per day,” says Dr. Fallieras. Here are some suggestions from the American Dietetic Association:

- Prepare food using little salt or fewer high-sodium ingredients. For example, skip using salt in cooking pasta, rice, cereals and vegetables.
- Taste food before salting it, and use table salt only as needed. Salt is an acquired taste and after a few weeks the taste buds will adjust and the food will not taste as bland.
- When cooking, use herbs, spice rubs and fruit juices in place of salt.
- Eat fresh fruits and vegetables, most of which contain little sodium.
- Check food labels for terms like low sodium, very low sodium or sodium free.
- Fresh meats, poultry, fish, dry and fresh legumes, unsalted nuts, eggs, milk and yogurt all contain less sodium.

“Remember, when calculating sodium intake, one must consider the amount of sodium added during production, preparation, as well as at the table,” says Dr. Fallieras.

Health Tips provided by Ms. Bethany Van Boxtel of the Good Samaritan Hospital Guam Referral Office.

Calendar of Events (July – October 2014)

July

- **July 30th:**
U54 VTC Meeting from 9:30am to 11:30am.

August

- **August 9th:**
1st Annual Pink Ball at the Hyatt Regency Hotel. For more information, please call Guam Cancer Care at 969-2223.
- **August 9th:**
1st Annual Pink Ball at the Hyatt Regency Hotel. For more information, please call Guam Cancer Care at 969-2223.
- **August 25th - September 5th:**
Dr. Juan Quiros, Cardiologist & Medical Director for the Good Samaritan Hospital, will be in Guam seeing patients. For more information, please call Bethany Van Boxtel at 479-5633.

- **August 27th:**
U54 VTC Meeting from 9:30am to 11:30am.

October

October is Breast Cancer Awareness Month!

- **October 3rd:**
3rd Annual Get Your Pink On & JOIN THE FIGHT Wave at the ITC Intersection (For more information, please call Guam Cancer Care at 969-2223)
- **October 4th:**
13th Annual Strides for the Cure 2k/5k Run (For more information, please call Guam Cancer Care at 969-2223)

Coalition Monthly Meetings:

SEDAT: 4th Tuesday or 4th Thursday: 4:00pm – 5:00pm
(FHP Health Center Conference Room)

SQOL: 3rd Wednesday: 11:30am – 12:30pm
(University of Guam Dean Circle House #7)

DRAT: 3rd Tuesday: 9:00am – 10:00am
(University of Guam Dean Circle House #7)

PANDA: 2nd Monday: 4:00pm – 5:00pm
(FHP Health Center Conference Room)

Prevention/NCD Physical Activity Group:
4th Monday: 4:00pm – 5:00pm
(Guam Cancer Care Conference Room)

To find out specific dates, location and time, please call the Guam Comprehensive Cancer Control Program at 735-0670/73.

Notes:

For current Public Hearings, check the Guam Legislature Calendar at <http://www.guamlegislature.com/calendar.htm>